

## CLAIMS

What is claimed is:

1        1.    A system for monitoring cumulative fitness activity  
2        for a user, said system comprising:

3                means for receiving at least one type of exercise  
4        indicator signal associated with exercise performed by a  
5        particular user from a particular exercise machine in a  
6        common transmittable data format at a portable computer  
7        system provided by said particular user; and

8                means for computing and storing current cumulative  
9        fitness activity for said particular user at said  
10       portable computer system utilizing said at least one type  
11       of exercise indicator signal and previously stored  
12       cumulative fitness activity data from prior exercise by  
13       said particular user at a plurality of diverse exercise  
14       machines, such that said portable computer system  
15       associated with said particular user monitors the real-  
16       time cumulative fitness activity of said particular user  
17       from said at least one type of exercise indicator signal  
18       currently received from said particular exercise machine.

1        2.    The system for monitoring cumulative fitness  
2        activity according to claim 1, said means for receiving  
3        at least one type of exercise indicator signal associated  
4        with exercise performed by a particular user from a  
5        particular exercise machine in a common transmittable  
6        data format at a portable computer system provided by  
7        said particular user, further comprising:

8 means for receiving said at least one type of  
9 exercise indicator signal in an extensible mark-up  
10 language data format.

1 3. The system for monitoring cumulative fitness  
2 activity according to claim 1, said system further  
3 comprising:

4 means for receiving exercise indicator signals  
5 indicating exercise performed by a particular user from  
6 monitoring systems that monitor exercise indicator  
7 signals for said particular user independent of said  
8 particular exercise machine.

1 4. The system for monitoring cumulative fitness  
2 activity according to claim 1, said system further  
3 comprising:

4 means for receiving exercise indicator signals  
5 indicating exercise performed by a particular user from  
6 user input to an input interface coupled to said portable  
7 computer system.

1 5. The system for monitoring cumulative fitness  
2 activity according to claim 1, said means for computing  
3 and storing current cumulative fitness activity for said  
4 particular user at said portable computer system  
5 utilizing said at least one type of exercise indicator  
6 signal and previously stored cumulative fitness activity  
7 data, further comprising:

8 means for computing said current cumulative fitness  
9 activity according to said at least one type of exercise  
10 indicator signal, said previously stored cumulative  
11 fitness activity data, and personal data for said  
12 particular user.

1 6. The system for monitoring cumulative fitness  
2 activity according to claim 1, said means for computing  
3 and storing current cumulative fitness activity for said  
4 particular user at said portable computer system  
5 utilizing said at least one type of exercise indicator  
6 signal and previously stored cumulative fitness activity  
7 data, further comprising:

8 means for computing said current cumulative fitness  
9 activity according to said at least one type of exercise  
10 indicator signal, said previously stored cumulative  
11 fitness activity data, and additional health factors  
12 detected for said particular user at said portable  
13 computer system.

1 7. The system for monitoring cumulative fitness  
2 activity according to claim 1, said means for computing  
3 and storing current cumulative fitness activity for said  
4 particular user at said portable computer system  
5 utilizing said at least one type of exercise indicator  
6 signal and previously stored cumulative fitness activity  
7 data, further comprising:

8 means for computing said current cumulative fitness  
9 activity according to said at least one type of exercise  
10 indicator signal, said previously stored cumulative

11 fitness activity data, and environmental exposure  
12 detected for said particular user at said portable  
13 computer system.

1 8. The system for monitoring cumulative fitness  
2 activity according to claim 1, said means for computing  
3 and storing current cumulative fitness activity for said  
4 particular user at said portable computer system  
5 utilizing said at least one type of exercise indicator  
6 signal and previously stored cumulative fitness activity  
7 data, further comprising:

8 means for distinguishing storage of said portion of  
9 said current cumulative fitness activity computed from  
10 use of said particular exercise machine.

1 9. The system for monitoring cumulative fitness  
2 activity according to claim 1, said system further  
3 comprising:

4 means for retrieving said previously stored  
5 cumulative fitness activity data by distinct sessions of  
6 exercise performed by said particular user across said  
7 plurality of diverse exercise machines.

1 10. The system for monitoring cumulative fitness  
2 activity according to claim 1, said system further  
3 comprising:

4 means for prompting said particular user, at said  
5 portable computer system, to utilize said particular

6           exercise machine according to a predetermined exercise  
7           schedule for said particular user.